

CAREGIVERS OUT & ABOUT



September 16, 2026



Quinn Sensory Centre, HB Studios Sports Centre



1-2 p.m.

The Sensory Centre is created to help meet different sensory needs, often associated with mental strain (generalized stress, depression, anxiety), neurodiversity (ADHD, autism) or brain conditions (brain injury, dementia).

Join us for a short tour, after which you can explore independently.

Registration is required. To learn more and register:



902.514.1281

or



SouthShore@CaregiversNS.org